

What to Expect during your Outpatient EEG Test at Seattle Children's North Clinic



A note for parents/caregivers:

This book was written for patients of different ages and follows a common patient experience. Since patients have different reasons for having an outpatient EEG, and may have other health conditions, some sections may not apply to your child.

Some children can cope with a lot of information and others become anxious when given too much information. Read this first and choose which sections to share – you know your child best.

This book follows the process of coming to Children’s for an outpatient EEG.

You can also see a video about getting an EEG online at seattlechildrens.org/EEG. Watch it first and choose which sections to share with your child.

We encourage you to be a part of your child’s EEG experience as much as possible. One parent must be present during the EEG test. If more than one parent comes in for the appointment, we will arrange a place for you to wait while the test is done.

If you have questions, please contact:

Seattle Children’s North Clinic Child Life Specialists
425-783-6434

Neurodiagnostic Services EEG Patient Care Representatives
206-987-2081, option 1

You will be having a test called an EEG. Many kids come to the hospital to have this test done.

EEG stands for electroencephalogram, which is a recording of your brain's electrical activity. Small metal cups, called electrodes, will be used to test how your brain works.

Read on to learn what it might be like.



Elec•tro•en•ceph•a•lo•gram
("elec-tro-in-sef-a-lo-gram")



After stopping at the entrance desk, you will go to patient registration.

You will get an ID band that has your name and birthday on it. Many people will ask to look at your ID band while you are here. If you brought a favorite stuffed animal with you it can have an ID band, too. Just ask!



Count how many people ask to see your ID band while you are here.

When it is time for your EEG, you will go to the EEG lab. The EEG tech will greet you in the waiting area. The EEG tech is the person who will help you during the test.

It is a good idea to use the bathroom before the test. There is a bathroom close to the EEG lab.

The EEG room has a small bed, a camera and a lot of wires coming out of one machine.





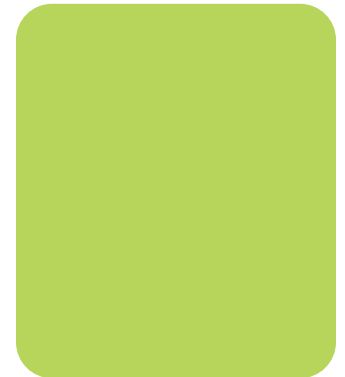
The EEG testing room is where the EEG tech will put the electrodes on your head. Your mom or dad can be with you the whole time.

The EEG tech can help you find a cartoon to watch on the TV. You can also bring your favorite movie, tablet or music (sorry, no ear buds during the hookup!) to enjoy while you are in the EEG testing room.



It takes as long as your favorite cartoon. What cartoons do you like?

Electrodes are small metal cups with thin wires. The metal cup has a button part on the end which will be placed on your head.





How the electrodes are put on:

1. The tech will measure your head with a measuring tape.
2. The tech will mark your head with a blue pencil. There will be lots of blue marks on your head. They show the tech where to put the electrodes on.
3. The tech will rub a sandy soap on top of the blue marks. Some kids say this part feels scratchy.
4. The electrodes go on. They have a little paste on them so that they will stick to your head.



You will have a few more electrodes on other parts of your body, too — one on your cheek, one on your chest and two on your arm.

These electrodes are taped on to keep them in place.

5. The EEG tech will wrap your head in a large piece of gauze.

What will you do while the EEG tech puts on the electrodes?





You're set up!

The EEG tech may have you do some tests, like blowing on a pinwheel or looking at a blinking light. When the tests are done, you can take a nap.



When the test is done, it is time to take off the electrodes.

You will need to take a shower or a bath when you get home.

After the EEG tech talks to you and your parents, it's time to go home!

We hope this has helped you know what to expect during your EEG test.

We are happy to answer any questions — feel free to ask!

What is the first thing you want to do when you get home?



Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.



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1815 13th Street
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206-987-2000
1-866-987-2000
(Toll-free for business use only)
1-866-583-1527 (Family Interpreting Line)

www.seattlechildrens.org

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handbook has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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